

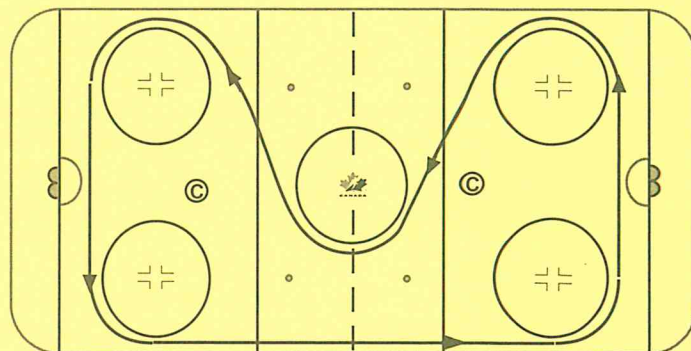
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

5 min

ROLLERCOASTER WARM-UP

- Players perform various agility movements while skating in pattern shown.
- Forwards, backwards.
- Pivots, 360's.
- Knee touches to ice.
- Stride jumps, two / one leg hops.
- Add pucks.
- Give and go with ©.



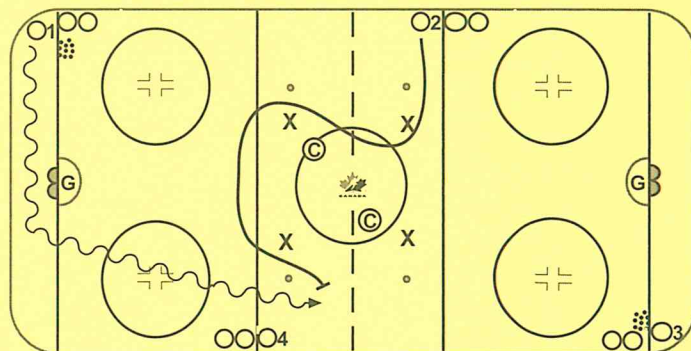
KEY EXECUTION POINTS

- Long strides
- Quick feet on crossovers
- Head up

8 min

ANGLING GATE DRILL

- O1 and O2 begin on the whistle.
- O1 picks up loose puck and skates behind the net and must skate between the for a shot on goal.
- O2 closes the gap, sabling ice in the neutral zone, before angling toward O1.
- O2 attempts to force O1 outside the pylons, not giving up the middle lane.



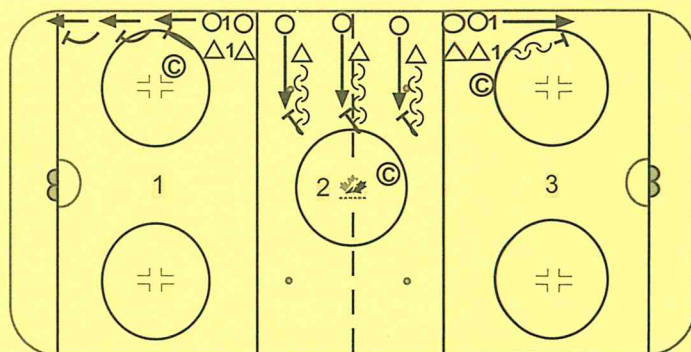
KEY EXECUTION POINTS

- Maintain middle lane
- Control skating

15 min

CHECKING STATIONS

1. Continuous Bumping
  - O1 moves slowly along the boards while Δ1 angles, closes the gap and pins O1 against boards.
  - The two players continue around boards to other side.
  - Switch roles the other way.
2. Open Ice Contact
  - O skates forward as Δ skates backwards.
  - Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.
  - Switch roles on return across ice.
3. 1 on 1 Angling
  - O1 moves slowly along the boards while Δ1 angles backwards, closes the gap and pins O1 against boards.
  - The two players continue around the boards to other side.
  - Switch roles the other way.



KEY EXECUTION POINTS

- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

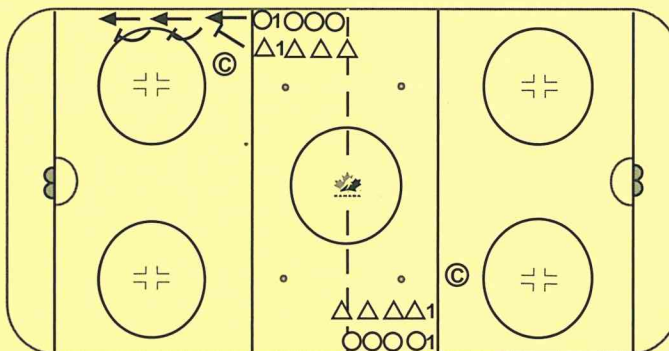
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

7 min

**PARTNER BUMP AND ROLL**

- O1 moves slowly along the boards while Δ1 angles, closes the gap and pins O1 against boards.
- The two players continue around boards to other side.
- Switch roles the other way.



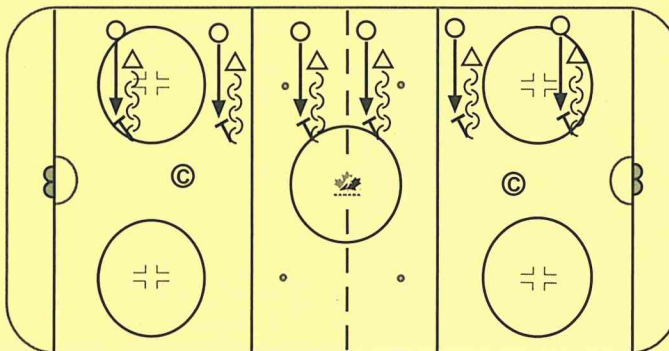
**KEY EXECUTION POINTS**

- Approach under control and at a good angle
- collapses shoulder/ body from check, rolls into wall
- Use the terms coil/ uncoil as a description of the motion

7 min

**OPEN ICE CONTACT**

- O skates forward as Δ skates backwards.
- Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.
- Switch roles on return across ice.



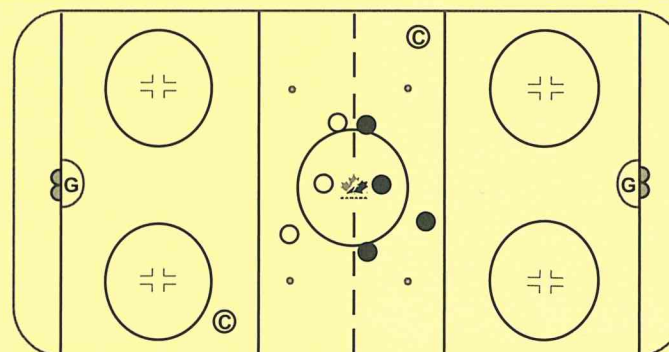
**KEY EXECUTION POINTS**

- Control skate
- Bend knees
- Use the terms coil/ uncoil
- Keep hands and elbows down

8 min

**FRENCH SCRIMMAGE**

- © determines how many players play per side by telling each bench or by how many whistles are blown.
- Each side can play with different number of players (short handed / powerplay).



**KEY EXECUTION POINTS**

- Game Skills
- Work hard
- Communicate
- Have fun

